

ROTARY CLUB OF WODONGA WEST



**APOLOGIES & EXTRAS TO Matthew Burke
BY 11 AM THURSDAY**

On 0408 307 824 or mattb51@bigpond.com



This week 1690 – 28 May 2020

Program:	TBA
Time:	6:15 for 6.30pm
Venue:	ZOOM
Chair & Sergeant:	Charu
Cashier:	Not Applicable
Greeter:	Matt
Invocation:	Rod
Corporal:	David
Rotary Information:	Rao
What's New:	Graham

From the RCoWW Board

From L to R:

Camo (RIP Mate)

Matt: secr.

Charu: Treas

Jos: Pres

Leanne: on temp. leave

Jaime: Pres elect and Service

Graham: Youth Services



From The President

Dear Friends at Rotary and Friends of Rotary

Welcome to this fortnights Bulletin. The last ZOOM meeting went as clockwork and it is good thing that we all can meet in this way during the restrictions

Come June we will be meeting again in person but for now it will be ZOOM galore!

In the mean time, stay positive, all these fears and restrictions will pass.

Looking forward to catching up with you all at the next meeting

Pres.Jos

Please note the following dates for club activities coming up:

This is a bit difficult given the current status of isolation

11 June: Ordinary club meeting, hopefully face to face

26 June (note: Friday): Change Over night

Next official meeting 1689 - 14 MAY 2020

Program: Club strategic planning and club assembly

Unfortunately, Jaime was unable to present her review and plans for the new year but we are all confident that she will present soon and we can start preparing for the year ahead.

Our Club's participation on Meals on Wheels has been put on hold due to Covid-19, further news will be presented when this info is released.

Future meetings

Meeting	Date	Chair	Cashier	Greeter	Invocation	Corporal	Rotary Info	What's New
1691 1692	11 June 26 June	Harry	Graham	Rod	Jaime	Rhonda	Patrick	Rod

Birthdays and anniversaries

Rotary Anniversary from Peter Stanton coming up, 29 May 1984 he joined, a total of 36 years at Rotary, well done Pete, congratulations

Coming events - PUT ON YOUR CALENDAR!

Rotary Club of Wodonga West Change-Over Friday 26 June
This could possibly be on zoom, could be at Elgins or could be in NSW, so watch this space for further information

Rotary Club Wodonga West information

Rotary Club Wodonga West website

CHECK IT OUT!

www.wodonga-west-rotary.com

RCWW Club brochure

Our club has an UPDATED brochure. Can you please let Graham know if you have any workplaces or other sites available for display of these interesting handouts.

They will highlight the work we do in the community, and who knows, they may even entice new members to join?!

If you ever have anything interesting or exciting, or any good photos to share on our Facebook page, please let Rhonda know, or email her!

A friendly reminder to ALL members - if you are NOT attending the meeting, please RSVP to Matt, zoom or not to zoom

If you DO NOT DO THIS Matt will come down on you like a ton of bricks (which is his normal way of dealing with uncertainties)

Last meeting 12 May 2020



President	Jos	Meeting went well using ZOOM, a mix of a bit of good fun and some business. Thank you for attending. Slowly we are trying to get back to the "normality" and activities are being re-started
Secretary	Matt	Looking at NSW venues for the change-over. Bowel Scan activity is abolished, less income for the club.
Treasurer	Charu	Detailed and inspiring as usual, thank you Charu
Foundation	Leanne	Apology
President Elect	Jaime	Apology
Membership	vacant	
Service Projects	Jaime Marquis	Apology
Club Admin & PI	Matt Burke	No report
Youth Service	Graham Corr	Needed to correct Secr. Matt that he was not in a vineyard but it was actually a war cemetery in France/flanders. Besides this, no report

WE had a raffle, with a bottle of wine and chocolates.

Charu was the happy lad receiving chocolates. The wine will be carried over to the next meeting.

Rotary Snippits

Something not to be missed:

The Rotary Club of Belvoir Wodonga is inviting you to a scheduled Zoom meeting. The guest speaker is RI President Mark Maloney at the special time of 9am Wednesday 27 th May . You will be assured of a great opportunity to share the company of the RI President.

Join Zoom Meeting

<https://us02web.zoom.us/j/82500179016>

Meeting ID: 825 0017 9016



"Dear District 9790 Rotary members,

The Rotary E Club 9790 is running a raffle with 200 tickets only, to raise funds for Australian Rotary Health.

It's a great prize, a Thermomix TM6, worth \$2,500. The cost of tickets are \$25.00. Please pay to the E- Club account and your Virtual Ticket will be recorded.



Thermomix TM6, made for those who are unable to cook something decent

WARNING !!

Please be advised that several Rotarians have received a scam email soliciting funds in the name of Medicare for help with the Covid crisis. Some are getting it through the addresses listed in our District Directory. We are continually reviewing our security and please be cautious whilst staying well. DG Brian, DGE Bruce send there concern for you all along with your family and friends.

COVID-19 Rotary Update

Many of us are living this reality right now in the face of the COVID-19 pandemic. The good news is, there are ways to grow our capacity for resiliency. And we can use this time to strengthen Rotary, by working together to grow and foster resilience in our fellow members and our clubs. Here are a few tips:

Connect: A critical building block for resilience is simply connecting with others. Check in with fellow members. Call them, send them a message, work to make sure they can access your virtual meetings. As a club, consider connecting with other clubs to weave yourself further into the global fabric of Rotary.

Perspective: When we experience ongoing adversity, it is far too easy to lose hope. Help members maintain a realistic and positive perspective. Rotary clubs are facing challenges right now including adjusting to new meeting platforms and worrying about membership or giving. Remember that the challenges you face today are not a reflection of your future. How you respond to today's challenges will shape the future.

Wellness: We are living during a time where words like "quarantine," "lockdown," and "zoom fatigue" are common and relatable. Promote and prioritize wellness among your members. Use your virtual meeting to ask members to share ways that they are taking care of themselves and their families. Be gracious when a member needs to take a break, skip a meeting or have an extra few days to respond to an email. Now is not the time to keep points or compete with who is doing more or less. Speak and listen with kindness.

Purpose: When we give energy to others, it has a way of recharging our own batteries. It fosters a sense of self-worth and gives us feelings of purpose and validation. Plan service opportunities with your fellow members that you are able to accomplish and approach. Offering smaller projects concurrent to your larger, ongoing projects gives everyone in your club an access point to service.

Gratitude: We benefit from mindful and intentional reflections in gratitude. It can promote the release of neurotransmitters like serotonin and dopamine, which help us feel joy or happiness. Take a moment to share thanks to your fellow members and create opportunities for your entire club to extend gratitude to your community and your partners.

When we collectively care for our members, we help create pathways to grow and foster resilience. When we scale these practices to the organization level, we unlock new potential to strengthen our clubs and enhance the member experience.

The world deserves Rotarians and Rotary clubs that are resilient, adaptable, and strong. Remember to take care of one another. But, take care of yourself, too. You deserve to be your best and most resilient self.

About the author: Jenny Stotts is a charter member of the Rotary Club of Athens Sunrise, Ohio, USA. She is the membership chair of District 6690. She is also a licensed, practicing social worker, child advocate and trauma specialist.

YOUR BOARD OF DIRECTORS

Rotary Club of Wodonga West Incorporated

President:	Jos Weemaes
Secretary:	Matt Burke OAM
Treasurer:	Charu Mishra
Immediate Past President:	vacant
President Elect:	Jaime Marquis
Secretary Elect:	vacant
Club Administration:	Matt Burke OAM
Rotary Foundation:	vacant
Service Projects:	Jaime Marquis
Membership & Public Image:	Matt Burke AOM
Youth Services:	Graham Corr

COMMITTEES

Club Administration:	Matt Burke OAM
Attendance:	Matt Burke
Sergeant:	Rostered weekly
Corporal:	Rostered weekly to mix it up!
Program:	Jaime Marquis
Bulletin Editor:	Rhonda Day(faithfully assisted by Jos Weemaes)
Family of Rotary:	Graham Corr, Peter Stanton
Fellowship and Social:	Rhonda Day
Club Historian:	Peter Stanton
International:	Charu Mishra & David Yap
Rotary Foundation:	vacant
Service Projects:	Jaime Marquis
Bogong Camp:	Rhonda Day, Jos Weemaes, Jaime Marquis, Leanne Martin & Peter Stanton
Membership:	vacant
Public Image:	Matt Burke
Youth Service:	Graham Corr

Invocation

"For good food, good fellowship, and the opportunity to serve others through Rotary, we give thanks"

The Four Way Test

Of the things we think, say or do:

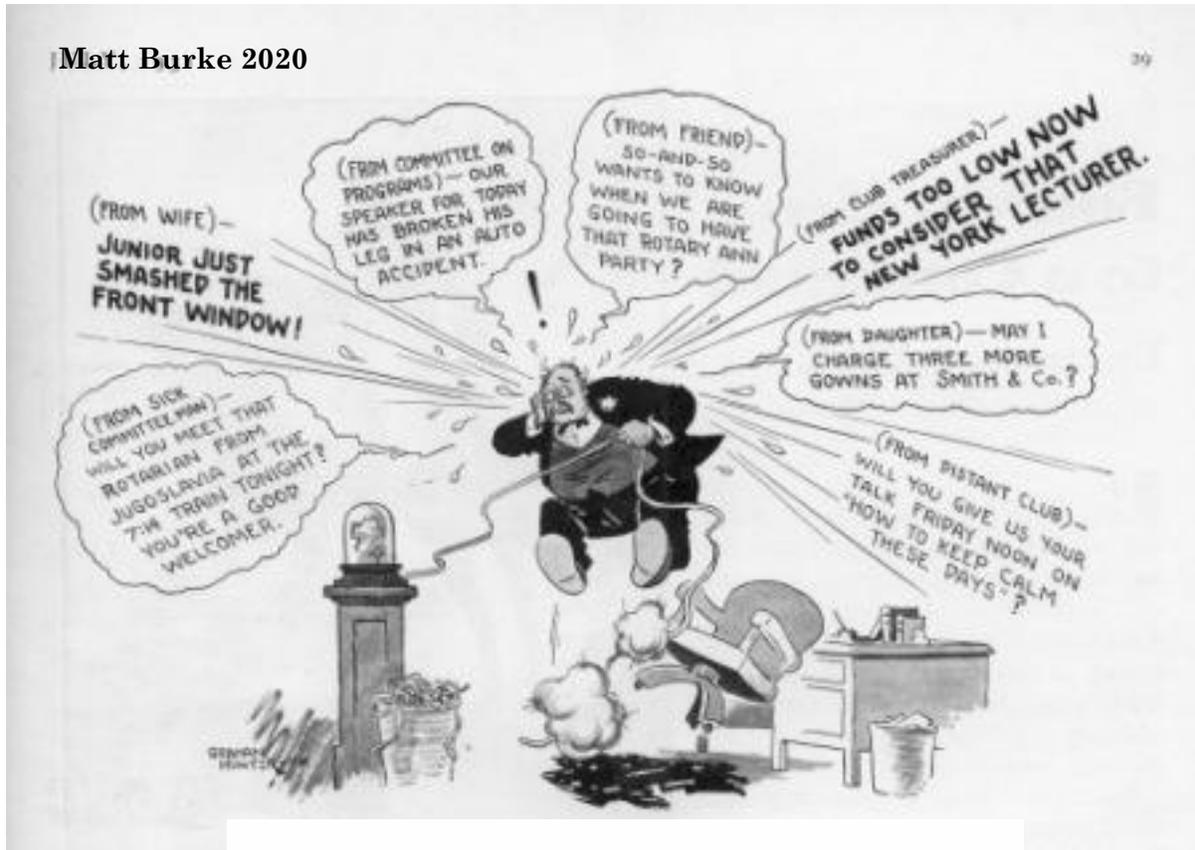
1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Rotary Theme - 2019 - 20 year

ROTARY CONNECTS THE WORLD

Funnies

Matt Burke 2020



"Granddad, tell me again about those funny old phones with the wheels...you know...rotary dials!"

